



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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Cuyahoga Valley National Park News Release

For Immediate Release- Thursday, July 26, 2007

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“Get Up, Get Out & Go!” Grand Finale on August 4, 2007 *Free Activities and music for kids and their families!*

Brecksville, Ohio - *Get Up, Get Out & Go!* final event occurs on Saturday, August 4 from 4 to 8:30 p.m. at Howe Meadow in Cuyahoga Valley National Park. Kids and families are invited to participate in activities such as tie- dying, challenge courses, and games. A food vendor will be selling hamburgers, hot dogs, and beverages. At 6:30 p.m., percussion group *HeartBEAT Afrika* will perform.

If it rains, the pre- concert activities are cancelled and the concert will be held at Happy Days Visitor Center. This concert is a part of the Music in the Meadow series supported by Audio- Technica with promotional support by WKSU 89.7 FM.

Experience *HeartBEAT*'s style of percussion using trashcans, buckets, traditional African drums, conventional drum sets, and rhythms played by feet, body, and hands. This ensemble performs a mixture of street percussion, traditional African percussion, song, storytelling, theatre, and dance. Bandleader and Kent State alumnus Olugbala Manns was exposed to traditional African drums and culture at a young age by his father, Baba David Coleman, a pioneer in preserving traditional African music in America. Olu joined talents with dancer Elec Simon to form *HeartBEAT*. Simon, a tap dancer, has performed in the national percussion show STOMP and has worked with numerous tap dance greats.


Free transportation is available! Be at one of the following locations by 3:30 p.m.: Riedinger Middle School - 77 West Thornton Street; Joy Park Recreation Center - 825 Fuller Street; and Lawton Recreation Center - 1225 Lawton Street.

Get Up, Get Out & Go!, presented by Cuyahoga Valley National Park (CVNP), and Cuyahoga Valley National Park Association (CVNPA) offers FREE outdoor activities along the Ohio & Erie Canal Towpath Trail for children, ages 11 to 14, and their families. The program focuses on promoting healthy, safe living for urban youth.

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The National Park Service cares for special places saved by the American people so that all may experience our heritage.



Get Up, Get Out & Go! thanks the following sponsors for their support; Akron Community Foundation, Cuyahoga Valley Scenic Railroad, FirstMerit Bank, Goodyear, Akron Children's Hospital, WZIP 88.1 FM, Akron METRO RTA, and The Reporter.

Howe Meadow is located at 4040 Riverview Road., Peninsula, Ohio. Happy Days Visitor Center, located at 500 West Streetsboro Road (State Route 303) in Peninsula, 1 mile west of State Route 8.

The campaign partners include the following organizations: Akron District Church of God in Christ; Akron Police Department; Akron Recreation Bureau; Akron Urban League; City of Akron; Great Trails Council, Boy Scouts of America; Cascade Locks Park Association; Metro Parks, Serving Summit County; Riedinger Middle School; and TCB Community Initiatives Program.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information call (216) 524-1497 or (800) 445-9667 or visit www.nps.gov/cuva.

CVNPA, in partnership with the National Park Service and Cuyahoga Valley National Park, provides innovative education programs and fosters community awareness, support, and enjoyment of the park. For more information about CVNPA and its membership program, visit www.cvnpa.org or call (330) 657-2909.

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